

تأثیر حالت‌های خلقی بر پاسخ‌های قلبی- عروقی

بر حسب ابعاد شخصیتی برون‌گردی و نوروزگرایی

Effect of mood states on cardiovascular responses based on extraversion and neuroticism personality dimensions

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Abstract

Introduction: The present research investigated the effects of positive and negative mood states on cardiovascular responses and the moderating role of extraversion and neuroticism in this regard.

Method: 654 university female students completed the Persian version of the *Eysenck Personality Questionnaire-Revised* (EPQ-R). On the basis of extreme scores in extraversion and neuroticism dimensions from the main sample, 4 groups (each with 30 samples) selected. All groups experienced positive and negative induced mood in two separate sessions with 2 to 4 weeks interval. The blood pressure and heart rate assessed before and after mood induction.

Results: In all subjects, the rate of systolic blood pressure decreased more in positive mood condition than in negative mood condition and the heart rate increased in negative mood condition as compared with positive mood condition. Although the effect of mood variability on the rate of systolic blood pressure and heart rate is considerable, the extraversion and neuroticism dimensions did not moderate this effect.

Conclusion: In sum, the findings of present research revealed that the role of induced mood states is important in relation to physical health.

Keywords: Extraversion, Neuroticism, Mood, Blood Pressure, Heart Rate

چکیده

مقدمه: این مطالعه با هدف بررسی اثر حالت‌های خلقی مثبت و منفی بر پاسخ‌های قلبی- عروقی و نقش تعدیل‌کننده ابعاد شخصیتی برون‌گردی و نوروزگرایی انجام شد.

روش: ابتدا ۶۵۴ نفر از دانشجویان دختر دانشگاه تربیت مدرس، نسخه تجدیدنظرشده پرسش‌نامه شخصیتی *آیزنک* را تکمیل نمودند؛ سپس بر اساس نمره‌های نهایی دو بُعد شخصیتی برون‌گردی و نوروزگرایی، ۴ گروه برون‌گرد، درون‌گرد، نوروزگرا و پایدار هیجانی (هر گروه ۳۰ نفر؛ مجموعاً ۱۲۰ نفر) انتخاب شدند. کاربندی آزمایشی در مورد هر یک از آزمودنی‌ها در دو جلسه با فاصله دو تا چهار هفته، اعمال گردید؛ بدین ترتیب که در یک جلسه خلق مثبت و در جلسه دیگر، خلق منفی به آنها القا شد. میزان فشار خون و ضربان قلب آزمودنی‌ها در پیش و پس از فرآیند القای خلق، اندازه‌گیری و ثبت گردید.

یافته‌ها: در مورد همه آزمودنی‌ها، در موقعیت خلقی مثبت در مقایسه با موقعیت خلقی منفی، میزان فشار خون سیستولی نسبت به میزان آن در مرحله خط پایه کاهش بیشتری داشت. در موقعیت خلقی منفی در مقایسه با موقعیت خلقی مثبت، میزان ضربان قلب نسبت به میزان آن در مرحله خط پایه با افزایش همراه بود. اما ابعاد شخصیتی برون‌گردی یا نوروزگرایی این آثار را تعدیل نکردند.

نتیجه‌گیری: با توجه به نتایج پژوهش حاضر، می‌توان از شیوه‌های القای خلق، در راستای بهبود سلامت افراد بهره گرفت.

کلیدواژه‌ها: برون‌گردی، نوروزگرایی، خلق، فشار خون، ضربان قلب

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